

Useful contacts

	Website	Telephone Number	Support
AGE UK	ageuk.org.uk	0800 678 1602	Support to help older people when they have no one to turn to.
ALZHEIMER'S SOCIETY	alzheimers.org.uk	0333 150 3456	Information and support for people affected by alzheimers and dementia.
CANCER SUPPORT	macmillan.org.uk	0808 808 00 00	Support if yourself or someone you care about has been diagnosed with cancer and get information about different cancer types.
CITIZENS ADVICE	citizensadvice.org.uk	England - 0800 144 8848 Wales - 0800 702 2020	An independent organisation specialising in confidential information and advice to assist people with legal, debt, consumer, housing and other problems in the United Kingdom
DEMENTIA FRIENDS	dementiafriends.org.uk	0300 222 5855	Dementia Friends helps with learning more about dementia and the small ways you can help.

Useful contacts

	Website	Telephone Number	Support
DOMESTIC ABUSE	nationaldahelpline.org.uk	0808 2000 247	Access specialist refuge accommodation. The Helpline can help you find a refuge vacancy for you and your children. We can also support you to find other specialist services in your community, which can provide support whether or not you have left your partner.
DRINKAWARE (ALCOHOL)	drinkaware.co.uk/advice/alcohol-support-services	0300 123 1110	Offer information and advice to help people decide which practical changes are right for them and give tips and advice to form new habits and make those changes stick.
GAMCARE (GAMBLING)	gamcare.org.uk	0808 8020 133	GamCare is the leading UK provider of free information, advice and support for anyone harmed by gambling.
HEARING LOSS (Royal National Institute of Deaf People)	rnid.org.uk	0808 808 0123	The UK charity supporting deaf people and those with hearing loss and tinnitus.

Useful contacts

	Website	Telephone Number	Support
MIND	mind.org.uk	0300 123 3393	Advice and support to empower anyone experiencing a mental health problem.
NATIONAL DEBT LINE	nationaldebtline.org	0808 808 4000	National Debtline is a charity. We give free and independent debt advice over the phone and online.
SAMARITANS	samaritans.org	116 123 (from any phone)	If you need someone to talk to, we listen. We won't judge or tell you what to do.
SHINE CANCER CHARITY	shinecancersupport.org	07804 479413	Support for those in their 20s, 30s or 40s with cancer.
SIGHT LOSS (Royal National Institute of Blind People)	rnib.org.uk	0303 123 9999	Our Sight Loss Advice Service can give you practical and emotional support to help you face the future with confidence.
STEP CHANGE	stepchange.org	0800 138 1111	Get free expert debt advice and fee-free debt management online and we'll support you for as long as you need us.
TALK TO FRANK (DRUG ADDICTION)	talktofrank.com	0300 123 6600	Facts about drugs and support.

Useful contacts

	Website	Telephone Number	Support
Dyslexia Foundation	dyslexia-help.org	0151 707 1525	The Dyslexia Foundation was set up to focus on those who need practical support and information in an accessible format.
Stroke Association	stroke.org.uk	0303 3033 100	The Stroke Association provide support people to rebuild their lives after a stroke.
Carers UK	carersuk.org	0808 808 7777	The UK's leading national charity for unpaid carers, providing support and advocating for carers.
Good Things Foundation	goodthingsfoundation.org	0114 349 1666	Helping people be digitally able, equal and safe.
Mencap	mencap.org.uk	0808 808 1111	UK charity for those with learning disabilities, as well as for their families and carers.
Scope	scope.org.uk	0808 800 3333	Scope provide information and emotional support when it's most needed.